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Inside...

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LAST MINUTE...
Festive food, gifts & party outfits

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Make it easy!

How to... spend less & live better!

Posh New Year's Eve party for less than £30 – amazing!

Have a night in and indulge with sofa food – lovely!

Irresistibly oozy (and boozy!) chocolate profiteroles

Clever leftovers – try this fab way to use up turkey

What's happening in January...

cut out and keep Wallpaper courtesy of Laura Ashley

How to Your New Year's dinner party for under £30!

This year we're staying in – but it's going to be fun fun fun! Our fab menu looks posh and impressive, but it's super easy and great value, too

ALL RECIPES SERVE 6

PEACH MELBA FIZZ

Chill glasses until ready to serve. Whizz a 410g can peach slices in juice in a blender until smooth, pass through a sieve and discard pulp. To serve, pour 2tbsp of peach purée into each glass, add a dash of Framboise to each, then top up with chilled cava. Garnish with raspberries.

Splash out Try Gran Campo Viejo Cava Brut Reserva, £6.99, from Asda, Sainsbury's and Thresher.

Parsnip fountains

So moreish and so pretty, you'll be surprised at just how easy these are to make.

Ready in 30 mins + cooling
- 65 cals per serving
- 4g fat
- 0.5g sat fat

- 3 medium parsnips, peeled
- 1tbsp thyme leaves
- 1tsp flaked sea salt
- ½tsp black pepper
- 2tbsp olive oil

1 Heat oven to Mark 2/150°C. Peel **parsnips** into long strips; put them in a bowl and discard the woody core. In a pestle and mortar, grind **thyme**, **salt** and **pepper** until fine. Add most of it to the bowl of parsnips, then drizzle with **oil** and toss well.

2 Spread parsnips out on lined baking trays – don't overlap them. Bake for 20–25 mins until crisp and golden. Transfer to a cooling rack. Scatter over remaining seasoning and serve.

tip Make up to 12 hrs ahead, cool and store in an airtight container lined with kitchen towel.

cut out and keep

tip You can use any good melting cheese you have in the fridge, such as Camembert or Taleggio, in these moreish tarts.

Brie & sweet onion tarts

They look and taste fab – but sssh, no one needs to know they're a doddle to make!

Ready in 50 mins • 39 cals per serving • 29g fat • 12g sat fat

- 2tbsp olive oil
- 3 large sweet onions, peeled and thinly sliced
- a few sprigs thyme, leaves only
- 375g pack ready-rolled puff pastry
- 1 free-range egg, beaten
- 2tbsp redcurrant jelly
- 200g firm Brie, sliced
- 100g pack winter salad leaves

FOR THE DRESSING

- 2tsp Dijon mustard
- 3tbsp olive oil
- 2tbsp lemon juice
- pinch sugar

1 Add the **olive oil**, **onions** and most of the **thyme** to a large pan. Gently cook over a low heat for about 30–40 mins until very soft and light golden. Stir often so they don't catch, season well and leave to cool.

2 Heat oven to Mark 5/190°C. Unroll the **pastry**, then cut out 6x11cm rounds. Transfer to a lightly greased baking tray, brush with beaten **egg** and prick with a fork, leaving a 1.5cm border unpricked around the edge. Spread the centre of each round with onion, then add a few little blobs of **redcurrant jelly**, about 1tsp in total per round. Bake for 15 mins, then remove from the oven. Add a few slices of **Brie**, scatter over remaining thyme leaves and bake again for 10 mins.

3 To make the dressing, whisk **all the ingredients** together, then chill until required. Remove the tarts from the oven and cool for a few mins before serving with the **salad leaves** and a drizzle of dressing.

Splash out

◆ **A soft fruity Merlot goes great with these tarts. This Chilano Merlot Shiraz 2008, £5.99, from Morrisons, is rich and full-bodied with lovely plummy flavours.**

Posh pork roast

This cooks really quickly, so you won't need to spend all evening in the kitchen – hurray!

Ready in 50 mins + cooling • 366 cals per serving • 13g fat • 5g sat fat

- ☐ 2x450g pork tenderloins/fillet
- ☐ 2x90g packs Parma ham (you'll need about 16 slices)

FOR THE STUFFING

- ☐ 225g pork sausagemeat
- ☐ 3 shallots, finely chopped
- ☐ 1tbsp freshly chopped sage
- ☐ 100g dried apricots, finely chopped
- ☐ 1 clove garlic, crushed

FOR THE JUS

- ☐ 200ml red wine
- ☐ 1tbsp redcurrant jelly

1 Heat the oven to Mark 5/190°C. Make a slit along the length of each **tenderloin** and put clingfilm over the meat. Bash gently with a rolling pin until the pork is an even thickness.

2 Mix together **all the stuffing ingredients** and season well. Press stuffing in a line down the middle of the pork, then roll the pork up and wrap each loin tightly in Parma ham, overlapping each slice. Put on to a lightly oiled baking tray. Roast for 35 mins. Transfer to a warm plate and cover loosely with foil. Leave to rest for 15 mins before slicing.

3 For the jus, heat meat juices in the roasting tin on the hob, add the **wine** and **redcurrant jelly** and bring to the boil. Simmer until reduced by half. Season well, add any juices from the rested pork and heat through for 1 min. Serve a drizzle with the sliced pork.

Splash out

◆ The slightly sweet stuffing in the pork goes really well with this Arrogant Frog Ribet White (Chardonnay Viognier), 2008, £7.99 at Thresher.

FASTEST ROAST RED ONION & APPLE CHUTNEY

Ready in 30 mins • 144 cals per serving • 7.5 fat • 0.6 sat fat

Heat oven to Mark 5/190°C. Put 4 red onions, peeled (leaving bases intact) and cut each into 6 wedges, in a roasting tin, drizzle with 1tbsp olive oil and ½tbsp honey, season and roast for 10 mins. Meanwhile, mix 4 Cox's apples, cored and thickly sliced, with 1tbsp cider vinegar, then add to the onions with a few torn sage leaves. Stir well and roast for 15 mins, until apples are soft. Stir through 50g toasted hazelnuts before serving.

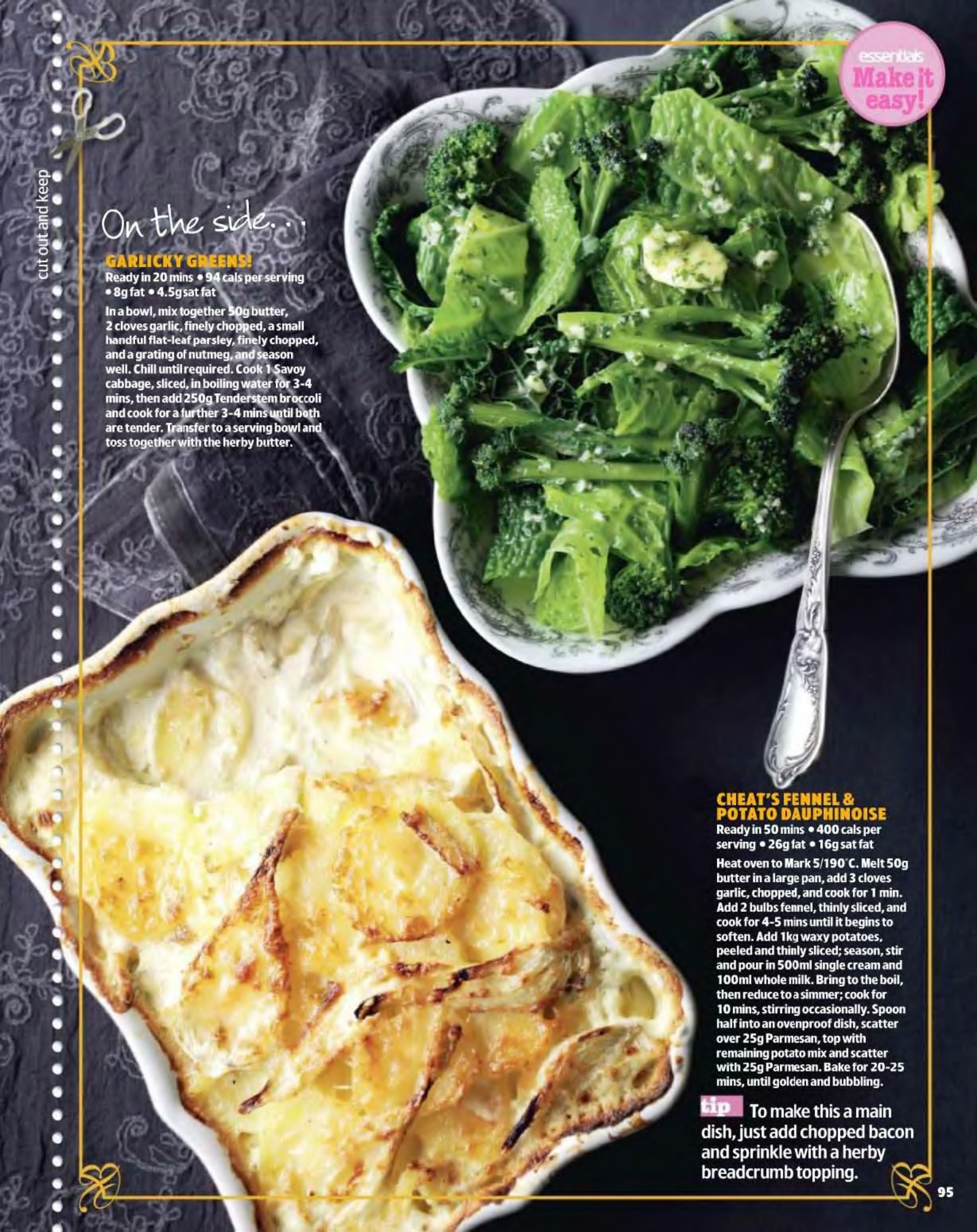
cut out and keep

On the side...

GARLICKY GREENS!

Ready in 20 mins • 94 cals per serving • 8g fat • 4.5g sat fat

In a bowl, mix together 50g butter, 2 cloves garlic, finely chopped, a small handful flat-leaf parsley, finely chopped, and a grating of nutmeg, and season well. Chill until required. Cook 1 Savoy cabbage, sliced, in boiling water for 3-4 mins, then add 250g Tenderstem broccoli and cook for a further 3-4 mins until both are tender. Transfer to a serving bowl and toss together with the herby butter.



CHEAT'S FENNEL & POTATO DAUPHINOISE

Ready in 50 mins • 400 cals per serving • 26g fat • 16g sat fat

Heat oven to Mark 5/190°C. Melt 50g butter in a large pan, add 3 cloves garlic, chopped, and cook for 1 min. Add 2 bulbs fennel, thinly sliced, and cook for 4-5 mins until it begins to soften. Add 1kg waxy potatoes, peeled and thinly sliced; season, stir and pour in 500ml single cream and 100ml whole milk. Bring to the boil, then reduce to a simmer; cook for 10 mins, stirring occasionally. Spoon half into an ovenproof dish, scatter over 25g Parmesan, top with remaining potato mix and scatter with 25g Parmesan. Bake for 20-25 mins, until golden and bubbling.

tip To make this a main dish, just add chopped bacon and sprinkle with a herby breadcrumb topping.

Individual choc, brioche & pear puds

Your friends will be begging you for this recipe – it's to die for!

Ready in 1 hr • 449 cals per serving • 22g fat • 12g sat fat

- 180g brioche, torn into chunks
- 100g 70% dark chocolate, chopped
- 1x410g can pear halves, drained well and sliced
- 3 medium free-range eggs
- 400ml single cream
- 75ml whole milk
- 100g icing sugar
- 1tsp vanilla extract
- 1tsp demerara sugar

1 Heat oven to Mark 4/180°C. Divide **brioche**, **chocolate** and **pears** equally between 6x175ml ramekins or ovenproof cups, then transfer to a roasting tin.

2 Whisk **eggs**, **cream**, **milk**, **icing sugar** and **vanilla** together, then slowly pour into the ramekins, pressing the brioche down into the custard to soak it up. Leave to stand for 10 mins.

3 Sprinkle a little **demerara sugar** over each pudding. Pour hot water into the roasting tin, so it comes about 3cm up the side of each ramekin. Bake for 30–35 mins until just set – they should wobble slightly.

tip This pud will work just as well with fresh pears if you have some to use up.

Splash out

◆ Try Autentico-Reggiano Lambrusco NV, £7.99, from M&S – a delicious sparkling red that makes the perfect partner for this pud.

NEXT MONTH... Posh weekend roast

FEATURE & FOOD STYLING: LUCY JESSOP. ASSISTED BY: MIMA SINCLAIR. RECIPES: PHIL MUNDY. PHOTOS: MAJA SMEND. PROPS: RACHEL JUKES

How to

Indulge with easy sofa food

Relax, put on your jim-jams and enjoy a well-deserved night in front of the TV with this best-ever comfort food

tip These meatballs are fantastic with a jacket potato, just add a dollop of soured cream to finish.

Spicy meatball nacho heaven!

All our fave things in one dish – meatballs, nachos and melting cheese... delish!

Serves 6 • Ready in 40 mins
• 769 cals per serving
• 46g fat • 18g sat fat

- ☐ **500g beef mince**
- ☐ **2 cloves garlic, crushed**
- ☐ **¾tsp hot chilli powder**
- ☐ **½tsp ground cumin**
- ☐ **½tbsp olive oil**
- ☐ **1 onion, chopped**
- ☐ **12 rashers smoked streaky bacon, chopped**
- ☐ **700g bottle passata**
- ☐ **410g can kidney beans, drained and rinsed**
- ☐ **splash Worcestershire sauce**
- ☐ **300g tortilla chips**
- ☐ **100g mozzarella, torn**
- ☐ **100g medium Cheddar, grated**
- ☐ **2tbsp jalapeños, drained**

1 Heat oven to Mark 6/200°C. In a bowl, mix together **mince**, **garlic**, **chilli**, **cumin** and a pinch of salt. Shape into 30–40 small meatballs. Heat a non-stick frying pan until very hot, fry the meatballs in batches for about 5 mins, turning, until browned. Transfer to a plate.

2 Add **oil** to the pan and fry **onion** and **bacon** for 5–10 mins until golden. Add the **passata**, **beans** and **Worcestershire sauce**, simmer for 10 mins. Add meatballs and simmer for 10 mins, stirring occasionally.

3 Put the **tortilla chips** into an ovenproof dish, bake for 5 mins, then spoon over meatballs and sauce. Sprinkle over **cheese** and **jalapeños**. Bake for 2–3 mins, until the cheese has melted. Serve straightaway.

Smoky black bean tacos

Vegetarians and meat-eaters will be fighting over these!

Serves 6 • Ready in 15 mins • 300 cals per serving • 12g fat • 4g sat fat

- ☐ 2tbsp olive oil
- ☐ 1 red onion, finely chopped
- ☐ 2 cloves garlic, finely chopped
- ☐ 1 red chilli, finely chopped
- ☐ ½tsp smoked paprika
- ☐ 3 large tomatoes, chopped
- ☐ 2x400g tins black beans, drained and rinsed (we like Epicure)
- ☐ 8 taco shells
- ☐ zest and juice of 1 lime
- ☐ small bunch coriander, chopped
- ☐ 100g crumbled Lancashire or feta cheese
- ☐ 4tbsp soured cream (optional)

1 Heat oven to Mark 4/180°C. Heat the **oil** in a large frying pan, add **onion**, **garlic** and **chilli**, and fry gently for 4–5 mins.
2 Stir in **paprika** and **tomatoes** and a pinch of salt. Cook for 3 mins until tomatoes just begin to soften. Stir in **beans**, and cook for 2 mins. Warm the **tacos** through.
3 Add the **lime zest**, **juice** and **coriander** to the bean mix and stir. Spoon into warm taco shells, sprinkle with **cheese** and serve with **soured cream**.

Spiced prawn skewers with Margarita mayo

So easy to prep, so easy to cook... and oh-so-easy to eat!

Makes 8 skewers • Ready in 15 mins • 121 cals per serving • 10.5g fat • 1.5g sat fat

- ☐ 200g raw king prawns, peeled
- ☐ 1½tsp chipotle paste
- ☐ ½tbsp olive oil
- ☐ zest of 2 limes
- ☐ 6tbsp mayo or Greek yogurt
- ☐ juice of 1 lime
- ☐ 2tsp tequila (optional)
- ☐ 15cm bamboo skewers, soaked in water for 30mins

1 Mix the **prawns** with **chipotle paste**, **olive oil** and **zest of 1 lime**, leave to marinate in the fridge for 10 mins or up to 6 hrs. Thread 3 prawns onto each skewer and chill in the fridge until ready to serve.
2 Heat a griddle pan until very hot. Add prawn skewers, and cook for 30 secs–1 min on each side until cooked through.
3 For the mayo, mix the **remaining ingredients**, season with a little salt and sugar, to taste, and chill until required.

Melting fajita quesadillas

These are perfect for a TV night – and easy to make veggie, too.

Serves 4–6 • Ready in 20 mins • 635–423 cals per serving • 21–14g fat • 10–7g sat fat

- ☐ 1tbsp sunflower oil
- ☐ ½ each red, yellow and green pepper, thinly sliced
- ☐ 1 medium courgette, sliced
- ☐ 6 spring onions, sliced
- ☐ 198g can sweetcorn, drained
- ☐ 2tbsp fajita seasoning
- ☐ 200g cooked chicken breast, shredded, or 200g button mushrooms, fried in ½tbsp oil until deep golden
- ☐ handful coriander, chopped
- ☐ 175g Cheddar or Edam, grated
- ☐ 8 flour tortillas

1 Heat **oil** in a pan, add **peppers**, **courgette** and **spring onion**, and fry for 3 mins, stirring. Add **sweetcorn** and **fajita seasoning**, and cook for 1 min. Stir in **chicken** or **mushrooms** and heat through; add **coriander**.
2 Scatter a little **cheese** over a **tortilla**, spoon over ¼ filling, add more cheese, then top with another tortilla. Press down and pan fry over a medium heat for 2–3 mins on each side, until golden. Slice and serve.

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FINGER-LICKIN'GARLIC CORN

Serves 6 • Ready in 15 mins • 115 cals per serving • 11 fat • 6.5 sat fat

1 Mix together75g butter, softened, ½tsp smoked paprika, 1 clove garlic, crushed, 2tbsp parsley, finely chopped, and ½-1 chilli, finely chopped; season well. Spoon onto clingfilm and roll up into a sausage shape, twisting at both ends. Chill for 30 mins or until ready to serve.

2 Add 4 corn on the cobs, cut into pieces, to boiling water and simmer for 3 mins. Drain and skewer each piece of corn. Heat a griddle pan until hot and cook the corn for a few mins, turning as it begins to char. Slice the butter into rounds and melt over the hot corn.

tip Not got a griddle? Just blanch, as recipe, then put under a hot grill for a few mins. Add a skewer once cooked.

Crunchy tortilla wedges & fiery dip

Try our fun new way with wedges – we couldn't stop eating them!

Serves 4 • Ready in 1 hr
• 493 cals per serving
• 26g fat • 5g sat fat

- ☐ **4 medium baking potatoes, each cut into 6 wedges**
- ☐ **2tsp fajita or Cajun seasoning**
- ☐ **1½tbsp olive oil**
- ☐ **100g slightly salted tortilla chips**
- ☐ **1tsp sweet paprika**
- ☐ **2tbsp sweet chilli dipping sauce**

FOR THE AVOCADO DIP

- ☐ **2 medium ripe avocados**
- ☐ **3tbsp sweet chilli dipping sauce**
- ☐ **juice of 1 lime**
- ☐ **bunch coriander, roughly chopped**

1 Heat oven to Mark 6/200°C. In a bowl, mix **potatoes** with the **spice mix** and **oil**. Spread the wedges out in a single layer on a non-stick baking tray and cook for 40 mins, turning once.

2 Meanwhile, whizz the **tortilla chips** and **paprika** in a food processor to make coarse crumbs. Remove the wedges from the oven and transfer to a large bowl, add the **sweet chilli sauce** and toss together. Increase the heat to Mark 7/220°C. Sprinkle with the tortilla crumbs to coat thoroughly. Spread out on a baking tray and bake for 10-12 mins, until crisp and golden.

3 Meanwhile, to make the dip, scoop out the **avocado flesh** and mash with the **remaining ingredients** and a pinch of salt. Chill until required.

Movie night popcorn sundae

Not just for the kids, this delicious pud is pure indulgence – you won't be able to leave it alone!

Serves 4 • Ready in 15 mins
• 608 cals per serving
• 37g fat • 21g sat fat

- ☐ **60g toffee popcorn (we like Butterkist)**
- ☐ **8 scoops caramel ice cream (we like Green & Blacks organic vanilla caramel)**
- ☐ **25g mini marshmallows**
- ☐ **8tbsp toffee sauce**
- ☐ **150ml whipping cream, softly whipped**

In 4 sundae glasses, layer up **popcorn**, **ice cream** and **marshmallows**. Drizzle with **toffee sauce**, then spoon over the **cream**. Finish off with a scattering of popcorn.

tip **Mix 'n' match with your favourite toppings: try crushed nuts, Maltesers or chocolate buttons.**

NEXT MONTH... It's a money-saving Friday fridge night!

FEATURE & FOOD STYLING LUCY JESSOP & PHIL MUNDY PHOTOS: MYLES NEW PROP STYLING RACHEL JUKES

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essentials Make it easy!

How to Fab 'n fast ways with leftovers!

Easy, delicious and great value – and the shopping list's so short, you're bound to save money! Plus, we've done the cost and nutrition bits for you, too

ALL RECIPES SERVE 4 UNLESS OTHERWISE STATED

£1.49 per person

Turn CRACKERS into... Crunchy fish fingers with minty peas

Comfort food at its best – and these fish fingers beat shop-bought any day.

Ready in 35 mins • 445 cals per serving • 21g fat • 7g sat fat • 1 of your 5-a-day

BUY FRESH

- ☐ small handful flat-leaf parsley, finely chopped
- ☐ 600g skinless, boneless, thick white fish fillet, cut into 8 similar-sized fingers
- ☐ 1 free-range egg, beaten
- ☐ ½ bunch spring onions, finely sliced
- ☐ small handful of mint, leaves only, roughly chopped

CHECK YOU'VE GOT

- ☐ 100g leftover crackers, such as Jacob's, finely crushed
- ☐ 3tbsp sunflower oil
- ☐ 25g butter
- ☐ 1 clove garlic, crushed
- ☐ 350g frozen petits pois
- ☐ 2tbsp capers, roughly chopped

How to

1 Heat over to Mark 6/200°C. Mix the **crackers** with the **parsley** and season. Dip each **fish piece** in the **egg**, roll in crackers, re-dip in egg, then re-roll in crackers. Heat the **oil** in a large pan and cook the fish fingers over a medium heat for 5-6 mins, turning, until golden all over. Bake on a lined baking tray for 10-12 mins until cooked through.

2 For the peas, melt the **butter** in a pan, add the **spring onions** and **garlic**, and cook for 2-3 mins. Stir in the **peas** and 3tbsp water, and cook for 4 mins, stirring. Add **mint** and **capers**, then mash lightly with a potato masher and season. Serve fish fingers and minty peas with creamy mash with roasted cherry tomatoes stirred through.

>

This all-in-one tasty supper takes some beating – pass the ketchup!

tip Leftover gammon is easy to use up – add to pies, soups, pasta sauces and risottos.

£1.18 per person

Use up GAMMON in... Fill-you-up omelette

This is perfect comfort food when it's cold outside and you don't even want to venture to the shops!

Ready in 15 mins • 448 cals per serving (without fries) • 32g fat • 12g sat fat • 0 of your 5-a-day, so serve with a green salad

BUY FRESH

- ☐ 12 medium free-range eggs
- ☐ small bunch chives, finely chopped
- ☐ 250g chestnut mushrooms, thickly sliced and fried until golden

CHECK YOU'VE GOT

- ☐ oven fries, to serve
- ☐ 2tbsp wholegrain mustard
- ☐ 40g butter
- ☐ 250g leftover gammon, thickly sliced and cut into strips
- ☐ 100g Cheddar, coarsely grated

How to

1 Cook the **fries** according to the pack instructions. Heat grill to high. For each omelette, whisk 3 **eggs** with ½tbsp **mustard** and some **chives**. Season with a pinch of salt and some freshly ground black pepper.

2 For each omelette, melt 10g **butter** in a small frying pan until foaming, pour in eggs and leave for a minute. Use a fork or a spatula to draw the cooked egg from the sides, allowing the raw egg to spill into the gaps.

3 While the top is still quite runny, add a quarter of the **gammon**, **cheese** and **mushrooms**, pop under the grill for 2 mins, until puffed up. Repeat to make the remaining omelettes and serve with the **oven fries**.

tip If you're in a hurry, swap the pak choi and peppers for a pack of ready-prepared stir-fry veg.

78p per person

Turn TURKEY into... Speedy stir-fry with chilli dressing

Fed up with turkey sarnies? This tasty stir-fry is on the table in no time and is a great start to your New Year diet.

Ready in 20 mins • 416 cals per serving • 19g fat • 4g sat fat • 1 of your 5-a-day

BUY FRESH

- ☐ zest and juice of 2 limes
- ☐ 1 large red chilli, finely chopped
- ☐ small bunch coriander, leaves and stalks finely chopped separately
- ☐ 2 peppers, sliced
- ☐ 200g pak choi, leaves separated
- ☐ 3 spring onions, finely chopped

CHECK YOU'VE GOT

- ☐ 4tsp toasted sesame oil
- ☐ 2tbsp soy sauce
- ☐ 2tbsp honey
- ☐ 1tbsp sunflower oil
- ☐ 400g leftover cooked turkey, torn into strips
- ☐ 400g cooked egg noodles

How to

1 For the dressing, mix the **sesame oil**, **soy sauce**, **lime zest** and **juice**, **honey**, **chilli** and **coriander stalks** together and leave to infuse for 10 mins.

2 Heat the **sunflower oil** in a wok, add the **peppers** and stir-fry for a few mins. Add the **pak choi** and **turkey**, and cook for a further 2 mins. Add the **spring onions**, **noodles** and half the dressing, and stir-fry for a few more mins until piping hot. Toss through **coriander leaves**.

3 Spoon into bowls and serve with the remaining dressing on the side.

Isn't this pretty? And it tastes as good as it looks, too!

tip If you still have lots of leftover salmon, make a quick pâté by whizzing it with cream cheese, lemon and chives. Perfect for lunch at work.

64p per person

Use up SMOKED SALMON in... Creamy posh pasta

There's usually a bit of smoked salmon left over from Christmas – this fresh and zesty dish is a welcome change.

Ready in 15 mins ● 500 cals per serving ● 15g fat ● 6g sat fat ● 0 of your 5-a-day, so serve with crunchy sugar snap peas

BUY FRESH

- ☐ 200g half-fat (optional) crème fraîche
- ☐ zest and juice of 1 lemon, plus wedges to serve
- ☐ small bunch mint, leaves roughly chopped

CHECK YOUVE GOT

- ☐ 300g good-quality spaghetti
- ☐ 250g soya beans (frozen)
- ☐ 200g leftover smoked salmon, roughly chopped

How to

1 Cook the **spaghetti** in a large pan of boiling salted water, according to pack instructions, adding the **soya beans** for the final 3 mins. Drain well and return to the pan.

2 Stir through **the remaining ingredients**, season and allow to heat through for about 1 min. Serve immediately, with the **lemon wedges** to squeeze over.

tip **Try a mixture of smoked salmon and small cooked prawns if you have any left from your prawn cocktails!**

tip Skip the egg and serve with onion gravy – delish!

50p per person

Turn STUFFING into... Super-easy hash with eggs

We'd forgotten how good this is – bubble and squeak with a meaty twist!

Ready in 35 mins ● 544 cals per serving ● 33g fat ● 0g sat fat ● 1 of your 5-a-day

BUY FRESH

- ☐ 350g floury potatoes, boiled, drained and mashed (or leftover mash)
- ☐ 2tsp fresh thyme leaves
- ☐ 4 medium free-range eggs
- ☐ salad leaves, to serve

CHECK YOU'VE GOT

- ☐ 300g leftover cooked vegetables (peas, carrots, cabbage, sliced sprouts, etc)
- ☐ 400g leftover cooked stuffing or sausages, roughly chopped
- ☐ large pinch cayenne
- ☐ 3tbsp sunflower oil

How to

1 Heat the oven to Mark 6/200°C. Mix together the **mash, veg, stuffing** or **sausages, thyme, cayenne** and a pinch of salt in a large bowl. Shape into 4 large patties.

2 Heat the **oil** in a large frying pan and fry the patties in batches for about 3 mins on each side until golden. Transfer to a baking tray and bake for 10–15 mins until piping hot through.

3 Meanwhile, heat the oil remaining in the frying pan and fry the **eggs** to your liking. Serve the hash topped with a fried egg and **salad leaves**.

87p per person

Turn CHEESE into... Italian-style cannelloni

Yes, it's veggie – but we definitely didn't miss the meat!

Ready in 1 hr • 513 cals per serving • 31g fat • 14g sat fat • 1 of your 5-a-day

SERVES 4

1 Heat the oven to Mark 5/190°C. Gently heat 700g bottle **passata**, then add 1½tsp **oregano** and 150ml **wine** or **stock.** Season well and bring to the boil. Simmer for 15 mins.

2 Meanwhile, put 250g **spinach** in a large pan with 2tbsp water, cover with a lid and cook over a medium heat for 2-3 mins, until wilted. Drain through a sieve and squeeze out any excess water. Roughly chop, then mix with 50g toasted **pine nuts**, 250g **ricotta**, 100g **blue cheese**, crumbled, 1 free-range **egg** and a grating of **nutmeg**. Season well. Divide the mixture equally between 8 fresh **lasagne sheets** and roll up.

3 Pour half the sauce into a 2-litre ovenproof dish, add the cannelloni rolls, then cover with remaining sauce. Sprinkle with 50g **Cheddar** and bake for 30-35 mins, until bubbling.

48p per person

Mouthwatering lunch box tart

A delicious way to use up tasty leftovers from the cheeseboard.

Ready in 1 hr • 454 cals per serving • 33g fat • 14g sat fat • 0 of your 5-a-day

SERVES 6

1 Heat oven to Mark 6/200°C. Line a 230g shortcrust **flan case** with baking paper and fill with baking beans. Bake for 15 mins; lift out beans and bake for a further 5 mins. Remove and reduce oven to Mark 4/180°C.

2 Put 2tbsp **olive oil**, 4 **onions**, cut into wedges, 2tsp **thyme** and 1tbsp **cider vinegar** in a pan and cook gently for 25 mins, until golden. Put into case with 2tbsp flat-leaf **parsley**, chopped, and 250g mixed **cheeses**, chopped.

3 Whisk 3 free-range **eggs** with 4tbsp **milk**. Season and pour on top. Bake for 35-40 mins, until set.

FEATURE & FOOD STYLING: LUCY JESSOP & PHIL MUNDY. PHOTOS: CHARLIE RICHARDS. PROP STYLING: RACHEL JUKES

Pick out the ones with the most chocolate drizzle... then go to dessert heaven!

Classic with a boozy twist

How to

Truly gorgeous chocolatey profiteroles

If you're looking for a pud with extra 'wow factor' this is it!

Chocolatey Baileys cream profiteroles

Ready in 45 mins + cooling time • 534 cals per serving • 47g fat • 28g sat fat

YOU'LL NEED...

85g butter | 100g plain flour, sifted | 3 large free-range eggs, beaten

FOR THE CHOCOLATE SAUCE
- ☐ 150ml double cream
- ☐ 100g dark chocolate, broken into chunks
- ☐ 15g butter
- ☐ 4tbsp milk

FOR THE FILLING
- ☐ 450ml double cream
- ☐ 4tbsp icing sugar, sifted
- ☐ 4-8 tbsp Baileys or other cream liqueur

tip **For perfect choux pastry, beat in flour with a wooden spoon until the mixture comes away from the edges of the pan – don't mix past this point.**

1 Heat oven to Mark 7/220°C. Line 2 baking trays with parchment. Heat **butter** with 200ml water in a medium pan and bring to the boil. Turn off heat and beat in the **flour** (add all at once) and a pinch of salt until thick and smooth (see tip). Sit the pan base in cold water and leave until the dough is cool; gradually beat in the **eggs**.

2 Spoon mixture into a food bag, tie, expelling any air, then snip off a small corner. Pipe small dollops of batter onto the baking trays, spacing them well apart (makes about 35). Dip your finger in water and smooth over any pointy peaks on the batter. Bake for 20-25 mins, until deep golden. Transfer to a wire rack to cool.

3 For the sauce, gently heat the **cream**, **chocolate**, **butter** and **milk** together in a pan, stirring occasionally until melted. Remove from the heat and leave to cool slightly. To warm the sauce for serving, pop it in the microwave for a few secs.

4 For the filling, whisk the **cream** with the **icing sugar** until thick, add **Baileys** and whisk until spocnable. Swirl through a few spoonfuls of the cooled chocolate sauce. Make a slit in each profiterole and spoon or pipe in the cream filling. Pour over the warm chocolate sauce just before serving.

Why not try these ideas, too...

Sticky pineapple tart tatins

Ready in 40 mins • 348 cals per serving • 16g fat • 9g sat fat

1 Heat oven to Mark 6/200°C. Melt 50g **butter** in a pan, add 6x1.5cm thick slices **fresh, peeled pineapple** or **tinned rings**, and fry over a medium heat for 5 mins, turning once. Add 150g **light brown sugar**, allow to dissolve and gently cook for a further 5 mins – don't let the caramel burn. Turn off heat and stir in 2tbsp **dark rum**. Divide the caramel between 6x9cm tins and add the pineapple slices.
2 Cut 6x10cm circles of **ready-rolled puff pastry**. Put over the pineapple, tuck in the edges and bake for 20 mins until deep golden. Run a knife around each, then turn out onto plates.

Cherry custard trifles

Ready in 10 mins • 335 cals per serving • 11g fat • 6g sat fat

1 Slice a 250g **Madeira cake** into cubes and drizzle with 4tbsp **sweet sherry** or **cherry liqueur**. Divide half between 4 glass tumblers. Scatter over a few **pitted black cherries**, from a 410g can, drained, then spoon over half a 500ml tub fresh **vanilla custard**.
2 Repeat with a second layer of sponge, cherries and custard, then chill in the fridge until ready to serve.

NEXT MONTH... Naughty chocolatey Valentine's puds

FEATURE: PHIL MUNDY & LUCY JESSOP PHOTOS: IPC IMAGES

How to

Do fabulous things with potatoes

Let's face it, we can never have too many potato recipes! So don't cheat with shop-bought – follow these top tips and easy techniques and you'll be cooking up perfect potatoes every time

essentials new skills

Chilli-crushed crispy potatoes

Serves 4-6 • Ready in 40 mins • 323-216 cals per serving • 17-11.5g fat • 2.5-1.7g sat fat

1 Heat oven to Mark 6/200°C. Add 1kg **new potatoes** to a pan of boiling water and simmer for 10-20 mins until tender. Drain well, then break up the potatoes with a fork.

2 Add 6tbsp **olive oil**, ¾tsp **chilli flakes** and 2tbsp **chopped parsley**, season well to taste and toss together. Transfer to a baking tray and pop in the oven for 20-25 mins to crisp up.

BEST VARIETY **Waxy: Charlotte**

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tip If you're serving up a family sized bowl of mash roast an extra garlic bulb, cut in half and serve with an extra knob of butter.

It helps to know...

- ✔ Never over-work mashed potatoes as they can easily become 'gluey'.
- ✔ For a super-smooth mash, invest in a potato ricer: it will guarantee lump-free mash!
- ✔ Potatoes need to be equal in size so that they all cook at the same rate.

Ideas with mash...

The ultimate creamy garlic mash

Serves 4 • Ready in 40 mins • 347 cals per serving • 20g fat • 10g sat fat

1 Heat oven to Mark 6/200°C. Drizzle 1-2 **garlic bulbs** with 2tbsp extra virgin **olive oil**. Wrap up in a double layer of foil to make a parcel. Roast for 35-40 mins.

2 Put 900g **potatoes**, peeled and cut in chunks, in a large pan; add salt and sprigs of **rosemary** or **thyme**. Cover with water, bring to the boil and simmer for 10-14 mins. Drain; remove the herbs and return to the pan. Squeeze out roasted garlic pulp into the potatoes.

3 Add 50g **butter** and mash until smooth; season with salt, **nutmeg** and white pepper. Beat in 75ml gently heated single **cream**.

Fluffy duchesse

Serves 6 • Ready in 1 hr • 230 cals per serving • 11g fat • 6g sat fat

1 Put 1kg **potatoes**, peeled and cut in chunks, in a pan with water; add a pinch of salt and boil. Cook for 15-20 mins. Drain, then add 50g **butter** and mash. Stir in 2 **egg yolks**, a grating of **nutmeg**, 2tsp Dijon **mustard** and pepper.

2 Heat oven to Mark 6/200°C. Fill a piping bag with mash and pipe 12 rosettes onto a baking tray. Sprinkle on 30g grated **Parmesan** and bake for 20 mins.

Crunchy croquettes

Serves 6 • Ready in 45 mins • 330 cals per serving • 19g fat • 6.5g sat fat

1 Put 1kg **potatoes**, peeled and cut in large chunks, in a pan with water; add pinch salt and bring to boil. Cook for 15-20 mins. Drain; add 50g **butter** and mash. Stir in 2 **egg yolks**. Roll into cylinders. Coat in 3tbsp **flour**, dip in beaten **egg**, then in 75g **breadcrumbs**.

2 Heat over to Mark 6/200°C. Heat 75ml **oil** in a heavy-based pan and fry croquettes for 8-10 mins, until golden. Transfer to a baking tray and bake for 10 mins.

BEST VARIETIES FOR ALL **Floury: King Edward, Maris Piper**

Cook in the oven...

Crispiest roasties

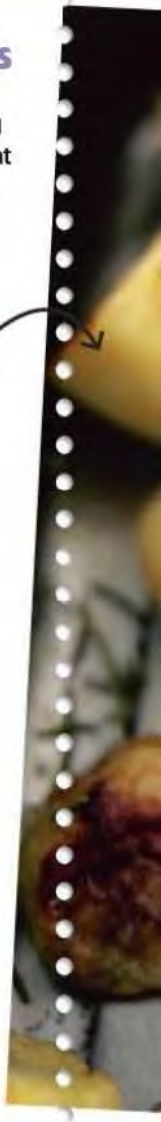
Serves 4-6 • Ready in 1 hr • 336-224 cals per serving • 16-11g fat • 2.5-1.5g sat fat

1 Heat oven to Mark 6/ 200°C. Put 1kg medium **potatoes**, peeled and cut in chunks, in a pan. Cover with cold water, add a pinch of salt and bring to the boil. Simmer for 10 mins or until almost cooked. Drain, and allow to dry out. Shake well to 'roughen up' the potatoes for extra crunchy outsides.

2 Meanwhile, pour 6tbsp **rapeseed** or **sunflower oil** into a large roasting tin and heat in the oven for 5 mins, until very hot. Remove from the oven and spoon in the potatoes, coating each in hot fat. Season with salt and freshly ground black pepper.

3 Roast the potatoes in the oven for 40-50 mins, turning once or twice, until they're golden and crispy.

BEST VARIETIES
Floury: King Edward, Romano



cut out and keep

Cheesy Boulangère

Serves 6 • Ready in 1 hr 30 mins • 223cals per serving • 11g fat • 6.5g sat fat

1 Heat oven to Mark 3/170°C. Put 400ml vegetable or chicken **stock**, 4tbsp **double cream**, 2 chopped **garlic cloves** and 1 finely sliced **onion** into a pan. Heat until just under boiling point, then remove from heat. Grease an ovenproof dish with **butter**.
2 Layer 800g peeled and thinly sliced **potatoes** in dish; season with salt and pepper. Pour over half the stock, then add another layer of potato. Cover with rest of liquid and season, then scatter on 50g **Gruyère cheese**. Dot with **butter** and bake for about 1 hr.

Bay leaf hasselbacks

Serves 6 • Ready in 1 hr 10 mins • 160 cals per serving • 7g fat • 4g sat fat

1 Heat oven to Mark 6/200°C. Remove a slice from the bottom of 12 medium, washed, waxy **potatoes**, so they sit flat on a chopping board. Without cutting all the way through, make deep slashes into each one, about 3mm apart.
2 Transfer to a roasting tin in a single layer. Tuck 2 **bay leaf** halves into each one; dot with 50g **butter**, then season well.
3 Pour 200ml **white wine** and 150ml **vegetable stock** around the potatoes and bake for 1 hr or longer, until tender.

BEST VARIETIES FOR BOTH **Waxy: Desirée, Charlotte**

It helps to know...
✔ **Fluffing up the boiled potatoes helps to give them really crispy edges. Always heat the oil until very hot before adding the potatoes to the baking tray.**

Salt 'n' pepper wedges

Serves 4 • Ready in 55 mins • 200 cals per serving • 6g fat • 0.8g sat fat

1 Heat oven to Mark 6/200°C. In a bowl, mix 4 medium baking **potatoes** with skins on, each cut into 6 wedges, with 2tbsp **olive oil** or **sunflower oil**.
2 Spread out in a single layer on a non-stick baking tray. Season with salt and pepper and bake in the oven for about 40–50 mins, turning once, until crispy and golden brown.

Potato skins

Serves 6 • Ready in 1 hr 20 mins • 90 cals per serving • 2g fat • 0.2g sat fat

1 Heat oven to Mark 6/200°C. Bake 6x200g baking **potatoes**, pricked, for about 1 hr, until soft and cooked, turning twice.
2 Cool for 10 mins, cut in half, scoop out insides leaving 5mm potato attached to the skin (use leftover potato for mash, fish cakes etc). Cut skins into strips, toss in ½tbsp **olive oil** and put on a baking tray. Season well and bake for 15–20 mins until crisp.

BEST VARIETIES FOR BOTH **Floury: Maris Piper, Romano**

Fry on the hob...

Really moreish crispy rostis

Serves 4 • Ready in 40 mins • 229 cals per serving • 11.5g fat • 7g sat fat

1 Put 650g waxy, unpeeled, whole **potatoes**, in a pan of boiling water and simmer for 5 mins. Drain, and cool a little. Remove skins and coarsely grate potatoes, then spread out on a tray. Sprinkle with salt and leave for 10 mins to draw out excess moisture.
2 Press with a tea towel to absorb excess water Season with pepper, then add 1 finely sliced **onion** and toss to combine. With lightly oiled hands, divide mixture into 8 patties about 1cm thick.
3 Heat ½tsp **oil** and 50g **butter** in a heavy-based frying pan until foaming and fry rostis in batches over a low-medium heat for 6-8 mins on each side, until golden. Don't turn them until the base is crisp, otherwise they'll break up.

BEST VARIETY **Waxy: Desirée**

What's the difference?

There are hundreds of varieties, but potatoes come in two main types: floury and waxy.

◆ Floury potatoes are 'old' potatoes that have longer in the ground to grow. They should be put into cold water and brought to the boil as this makes them less likely to break up. They're high in starch and therefore fluffy once cooked. Best for mashing, baking, roasting and chips.

◆ The waxy kind are 'new' potatoes. They are harvested young and should be put in boiling water. Low in starch, they keep their shape when cooked. Best for Dauphinoise, and sautéing and in salads and gratins.

Gourmet sautés

Serves 2 • Ready in 20 mins + cooling • 358 cals per serving • 22g fat • 8g sat fat

1 Put 450g peeled **potatoes** in a pan with boiling water. Simmer for 8 mins until tender. Drain and cool, then slice in 1cm rounds.
2 Heat 2tbsp **olive oil** in a pan. Fry potatoes for 8 mins, turning them halfway, and adding **rosemary sprigs**, until golden. Add 25g cubed **butter** and fry for a further 2 mins.

BEST VARIETY **Waxy: Charlotte**

It helps to know...

✔ **Soaking potatoes in cold water beforehand removes any excess starch and stops chips sticking together.**
✔ **Making sure they are fully dry before frying is important to prevent the fat spitting.**
✔ **Cook chips in small batches, otherwise they won't crisp up.**

Oh-so-easy homemade chips

Serves 4-6 • Ready in 30 mins • 383-255 cals per serving • 22-15g fat • 3-2g sat fat

1 Cut 1kg peeled **potatoes** into 2cm chips. Soak in cold water for 10 mins. Dry thoroughly.
2 Half-fill a deep, heavy-based pan with **sunflower oil**, and heat until a cube of **white bread** turns golden in 1 min. Add chips in batches, cooking for 6 mins, until soft, not coloured. Drain them on kitchen paper
3 Return chips to the pan and cook for 5-10 mins until golden.

BEST VARIETIES
Floury: King Edward, Maris Piper

FEATURE: LUCY JESSOP; MIMA SINCLAIR AND PHIL MUNDY PHOTOS: IPC IMAGES; STOCKFOOD; FOOD & DRINK IMAGES; PHOTOCUISINE

NEXT MONTH... Really authentic curry dishes

cut out and keep

How to

Best in season... pink forced rhubarb

Put some zing into January with this homegrown, British favourite!

Few British fruits are in season now, making the Yorkshire forced rhubarb season even more exciting. Forced rhubarb is grown in warm, dark conditions, making the stalks shoot up fast and produce tall, tender pink stems. The stems just need to be cooked and sweetened a little.

Make this!

Creamy rhubarb fool

This luscious pud is pure heaven and looks gorgeous, too!

Serves 6 • Ready in 15 mins + cooling • 380 cals per serving • 30g fat • 19g sat

Put 150ml **sweet dessert wine** such as an orange muscat, and 90g **sugar** into a large pan. Bring to the boil, and simmer until reduced by half and quite syrupy. Add 450g **forced rhubarb**, cut into 3cm chunks. Cook gently, stirring occasionally, for about 10 mins, until tender. Transfer to a bowl and leave to cool. Whisk 450ml **whipping cream** until softly whipped, then fold in cooled rhubarb with 2tbsp **dessert wine**. Pour into a bowl and chill before serving.

Try these other delicious ways with rhubarb...

◆ **FAB FAMILY PUD**
RHUBARB & FRESH CUSTARD TRIFLE
Layer vanilla sponge with poached rhubarb and vanilla custard. Top with whipped cream and toasted flaked almonds.

◆ **PERFECT PARTY**
RHUBARB MERINGUES
A favourite with everyone and so easy to make. Fill meringue nests with vanilla mascarpone and rhubarb poached with orange zest and sugar.

◆ **SUNDAY TEATIME**
RHUBARB CRUMBLE
Tasty... and quick. Make a basic crumble mixture, add chopped nuts and use to top poached sweetened rhubarb. Bake until golden.

essentials **Make it easy!**

Best in season...

We love venison!

More and more of us are trying venison as an alternative to other meats:

- ✓ **It's rich in iron and very low in fat, making it a healthy choice.**
- ✓ **Farmed venison is now available all year round in most large supermarkets.**
- ✓ **It tastes fab in comforting casseroles, and has less calories than pork or beef.**
- ✓ **It's less intensively farmed than other red meat.**

TRY THIS DELICIOUS VENISON CASSEROLE TO WARM YOU UP!

Serves 6 • Ready in 2 hrs • 305 cals per serving • 7g fat • 2g sat fat

Heat oven to Mark 3/170°C. Heat ½tbsp **oil** in a heavy-based casserole. Fry 2 **carrots**, cut into chunks, with 1 large **onion**, sliced, and 2 **celery** sticks, chopped, for 5 mins. Remove from pan and set aside. Coat 1kg boneless **venison shoulder**, cut in chunks, lightly in 4tbsp **seasoned flour**. Add ½ tbsp **olive oil** to pan and heat until very hot. Add venison in batches, and fry over a high heat until browned. Return onion mixture and venison to pan. Increase heat, pour in 400ml **red wine** and stir well. Add 1 tbsp **redcurrant jelly**, 1 **bay leaf**, 2 sprigs **rosemary** and 400ml **beef stock**. Bring to the boil, season, then cover with a lid and cook in oven for 1-1½ hrs until meat is tender. Stir through chopped parsley and serve with **mash**.

DID YOU KNOW? Kale is one of the hardiest winter vegetables to grow – and even better after a frost! But, unlike cabbage, once picked it should be cooked and eaten within 2-3 days otherwise it will become bitter tasting.

Also in season...

	✓ STORE	✓ TRY	✓ USE IT UP
Leeks	Store in a paper bag in a cool, dry place.	Try a creamy leek and cheese tart, or sauté them, then add to mashed potato, along with some butter.	They make fantastic soups and are lovely in meat casseroles, risottos or baked pasta dishes.
King or Savoy cabbage	Keep wrapped up in paper rather than in plastic and store in the fridge.	Stir-fry with butter, garlic, shallots and chopped bacon for a tasty side dish.	Tastes great in an oriental stir-fry: just add soy sauce, honey, ginger and crushed garlic.
Celery	Choose firm, crisp heads, with fresh-looking green fronds and store in the fridge for up to 2 weeks.	Fresh, crunchy celery is best eaten raw and chopped in salads, or with cheese and apples.	Celery adds loads of flavour to soups, slow-cook casseroles and lentil dishes.

NEED A HEALTH KICK?

Pomegranates are a great fruit to remind us the sun is shining somewhere! They're full of powerful antioxidants, so eat as a snack to help your New Year detox. The juice stains, so the best way to prep a pomegranate is to cut the fruit, then break it open. Pick out seeds with a pin or tap skin until they pop out.

NEXT MONTH... Zesty orange baked cheesecake

FEATURE LUCY JESSOP & PHIL MUNDY. PHOTOS: IPC IMAGES